

I claim:

1. A thermal pack for application to a female breast for therapeutic application of heat or cold to the breast comprising:
  - a pliable, disk-shaped body having an aperture extending approximately through the center of the body, the body comprising
    - a top wall having an outer surface and an inner surface,
    - an opposed bottom wall having an outer surface and an inner surface, wherein the inner surface of the top wall and the inner surface of the bottom wall define at least one fluid tight cavity therebetween; and
    - a thermal fluid contained in the at least one cavity.
2. The thermal pack of claim 1, having a single cavity wherein the body further comprises two or more baffles which restrict the flow of fluid through the cavity.
3. The thermal pack of claim 2, wherein each baffle comprises an area of the inner surface of the top wall bonded to an area of the inner surface of the bottom wall.
4. The thermal pack of claim 3, having four baffles in a spaced relation to one another around the body.
5. The thermal pack of claim 2, wherein each baffle extends from an outer edge of the body towards the aperture.
6. The thermal pack of claim 1, further comprising a fabric substantially covering the outer surface of the top wall, the outer surface of the bottom wall, or both.
7. The thermal pack of claim 6, wherein the fabric is a washable hypoallergenic fabric and covers only the outer surface of the top wall.
8. The thermal pack of claim 1, wherein the thermal fluid comprises a gel.

9. The thermal pack of claim 8, wherein the gel comprises an absorbent cross-linked sodium polymer and water.
10. The thermal pack of claim 1, wherein the top wall, the bottom wall, or both comprise a thermoplastic polymer film.
11. The thermal pack of claim 10, wherein the polymer film comprises polyethylene or polypropylene.
12. The thermal pack of claim 10, wherein the top wall and the bottom wall each comprise a polymer film and are heat-sealed together at their corresponding edges.
13. The thermal pack of claim 1, wherein the disk-shaped body is substantially circular.
14. The thermal pack of claim 13, wherein the diameter of the body is between four and seven inches.
15. The thermal pack of claim 1, wherein the aperture is substantially circular.
16. The thermal pack of claim 15, wherein the diameter of the aperture is between one-half inch and three inches.
17. A kit comprised of parts comprising:  
two of the thermal packs according to claim 1.

18. A thermal pack for application to a female breast for therapeutic application of heat or cold to the breast comprising:

a pliable, circular body having an circular aperture extending through the center of the body, the body comprising  
a top wall having an outer surface and an inner surface,  
an opposed bottom wall having an outer surface and an inner surface, wherein the inner surface of the top wall and the inner surface of the bottom wall define a fluid tight cavity therebetween, the top wall and the bottom wall each being formed of a polyolefin film;

a thermal fluid which comprises a cross-linked polymer gel contained in the cavity; and

two or more baffles which restrict the flow of fluid through the cavity to keep the thermal fluid dispersed substantially uniformly in each cavity region between the baffles when the thermal pack is applied to the breast.

19. The thermal pack of claim 18, further comprising a fabric substantially covering the outer surface of the top wall, the outer surface of the bottom wall, or both.

20. A method for therapeutic application of heat or cold to a female breast, the method comprising:

heating or cooling a thermal pack which comprises a pliable, disk-shaped body having an aperture extending approximately through the center of the body, the body comprising a top wall having an outer surface and an inner surface, an opposed bottom wall having an outer surface and an inner surface, wherein the inner surface of the top wall and the inner surface of the bottom wall define at least one fluid tight cavity therebetween, and a thermal fluid contained in the at least one cavity; and

securing the heated or cooled thermal pack against the female breast with the nipple positioned within the aperture.

21. The method of claim 20, wherein the body of the thermal pack is circular, the aperture is circular, the top wall and the bottom wall each are formed of a polyolefin film, the thermal fluid comprises a cross-linked polymer gel.
22. The method of claim 20, wherein the body of the thermal pack further comprises two or more baffles which restrict the flow of fluid through the cavity to keep the thermal fluid dispersed substantially uniformly in each cavity region between the baffles when the thermal pack is secured against the breast.